

LUPUS AND NATURAL HEALING

Lupus is an inflammatory (and autoimmune) disease of the connective tissue. It has been classified as an autoimmune disease, since it is the body's immune system destroying the connective system in your own body.

Symptoms: Lupus usually begins suddenly with fever, fatigue, arthritis and/or joint pain. Those who have these symptoms are frequently misdiagnosed as having rheumatoid arthritis. Ninety percent of lupus occurs in women in their 30's. Other symptoms include a characteristic facial "butterfly" rash, severe hair loss, and papular skin lesions. This rash forms over the nose and cheeks in something of a butterfly shape (which tends to intensify because of sunlight).

The skin lesions are small yellowish lumps. They leave scars when they disappear. (Lupus means "wolf" in Latin, indicating the rough appearance it gives to the skin).

Kidney disease can be found in about 50% of those with lupus and also low white blood count is generally present. The course of the disease produces inflammation of the joints and/or blood vessels, affecting many parts of the body. Sometimes the first appearance of the problem is an arthritic-like condition, with swelling and pain in the joints and fingers.

Severe cases can affect the brain and heart. Sometimes the central nervous system is affected; and deep depression, amnesia, seizures, or psychosis can result.

Causes: Ultraviolet rays in the sun can trigger the first attack, this includes tanning beds.

Stressors such as childbirth, fatigue, infections, chemicals, and certain drugs can also bring it on.

Up to 10% of the lupus cases originate by taking medicinal drugs (New England Journal of Medicine). **Pollutants, additives, chemicals, and certain foods** can also bring it on. When the cause is drugs, the Kidneys or nervous system are generally not affected; the lupus is a milder case, and it tends to stop when the drug is no longer taken. Do not take birth control pills or estrogens as they tend to intensify it, also corticosteroid drugs weaken the bones and immune system. Avoid Penicillin and allergenic cosmetics

Parasites are often associated with lupus, and must be eliminated before healing will take place. They excrete droppings which interfere with body functions.

Blood and lymph cleansing must be done.

Allergies can be another causative factor. Since allergies come from a dysfunctional liver, one that is full of toxic waste, cleansing must take place to experience healing from lupus

Natural Remedies-things you can do:

Those who have been successful in eradicating this disease have held to a strict diet that **excludes** ALL processed and refined foods. NO junk foods, NO animal products, NO fried foods, NO heated fats, NO caffeine. A few other individual foods to be avoided are; Alfalfa sprouts, (Not alfalfa tablets), eggplant, tobacco, high starch foods, processed sugars, wheat, corn and ALL GMO foods. Go

to nongmoshoppingguide.com for a complete list of GM foods, or see my handout on this.

Chemicals are hair spray, formaldehyde, perfumes, ethanol, pesticides and food additives. Also dryer sheets, non-stick skillet, most skin/hair care products commercially.

There is quite a complex list of **intermingling nutritional deficiencies** which are a main cause for autoimmune diseases. Therefore a **Dense Nutritious Diet** is a major factor in the success for healing.

HELPFUL DIETARY INFORMATION

An **80% raw food** diet as soon as you can acquire the understanding of how to achieve it. Use only flax oil, or small amounts of extra virgin oil, or virgin coconut oil. No heating the oils, no cooking with them, add after food has cooled somewhat. Do the same with salt. Do not purchase store bought table salt. Use Pink Himalayan salt or Celtic salt which is a special kind of sea salt. In order for sea salt to be desirable for health it must be a moist salt. These kinds of salts will give you great supplementation of most of the minerals you may need for health if used daily and uncooked.

Fresh squeezed Vegetable Juices such as a combo of carrot, beet, celery, parsley, and leafy greens of all kinds. Kale, chard, beet tops, etc are examples of these.

Green smoothies daily—Recipe: 2 cups water, 2 cups fresh leafy greens, 2 cups sour fruits, add a little liquid Stevia to taste and blend until smooth. You can drink up to two of these recipes per day.

SuperOneFood daily at least three times a day, more if possible.

Optimal Health System's Calcium supplement, **Sesame seeds** ¼ cup daily. Your calcium/phosphorous ratio should be 2/1 ideally. This will require calcium supplement. Meat is especially bad as it has a ratio of 1/12. Organ meats, such as liver and kidney are even worse: 1/44. Meat is also heavy in purines and uric acid, both of which are extremely acid forming. Eventually this collection of acids collects in the joints to such a degree that the bone is eaten away and the bursa becomes inflamed, etc.

Sulfur containing foods help repair bone, cartilage, and connective tissue. They also aid in the absorption of calcium, and help fight infection. They are asparagus, garlic, and onion.

Eat **green leafy vegetables, whole grains**, such as spelt, buckwheat, occasional rye, brown rice, as these are very alkaline and should be the choice. Raw nuts in small amounts, ¼ cup, that have been soaked overnight in water, and seeds of all kinds, ½-¾ cup, should be eaten daily. **Fresh fruits that are sour** instead of sweet should be the predominantly eaten fruits. Lemons, limes, tomatoes, avocados, berries, except strawberries, sour cherries, granny smith apples, pink lady apples, sour grapefruit, kiwi, and cantaloupes. **Legumes cooked thoroughly** should be eaten at least three times per week.

The **most helpful greens** are celery, parsley, wheat grass, garlic, comfrey and endive, chard, kale, and cilantro.

HERBAL AND LIFESTYLE HELP

Healing the immune system is a critical point in reversing Lupus. It has been under supported and failed, but not just failed, it has turned carnivorous, in that it destroys your connective tissue and other tissues. So, instead of suppressing its misdirected efforts it needs restoration and re-direction. Assist your body in this process and God will heal you by His grace through your DNA which can correct the problem.

Here is what we do.

- Triple Tincture 6-12 droppers full 3-4 times a day evaporated in hot water
- Skin Brushing daily—see Foundational handout
- Contrast showers daily or twice per day—see hydrotherapy handout
- Fever Therapy two to three times per week—see hydrotherapy handout
- Exercise program daily; some huffy puffy activity that increases your pulse rate to approximately 120 or more (work into it), and holds it there for 30 minutes twice per day or 60 minutes once per day. ***This is as important as your next breath of air!*** And by the way exercise is 10 times more effective for healing outside in the fresh air than inside. Open your bedroom windows nightly a little for fresh air. Air your homes out daily as well.
- Rest is a major healer! Bedtime should be at 9PM nightly, and that is sleeping minutes after; exercise between settings if you're sedentary, or sitting/lying with feet up counting your blessings between activities if you stand, work vigorously etc. Taking breaks from any activity is necessary to rest the body and mind without straining it in any facet.
- One day a week God has asked us to come apart and rest in Him, feeding our spiritual part. He has told us that He heals the body when He heals the Soul...Luke 9:2 "And he sent them to preach the kingdom of God, (which is the healing of the soul, Jesus Christ within us), and to heal the sick;..." Acts 28:27 "For the heart of this people is waxed gross, and their ears are dull of hearing, and their eyes have they closed; lest they should see with [their] eyes, and hear with [their] ears, and understand with [their] heart, and should be converted, ***and I should heal them.***" He asked for 1/7 of our time. Read Exodus 20:8-11. Ezekiel 20:12 Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I [am] the LORD that sanctify them. When we let His word fill us, it does so with the most powerful healing force that the world knows —LOVE! His LOVE! UNSELFISH LOVE OF HEAVEN! To have this love you must have Jesus in you, empowering you in your soul (or who you are) and then you will have His healing!!! Ask Him to do that just now...and every day especially on the day set aside at creation for this purpose for eternity!
- Bowel Cleansing—do it thoroughly with Intestinal Cleanse Formula #1 and Intestinal Detox Formula #2 according to the instructions in the "Health is What You Do" handout
- Liver and Kidney Flushing of which Kidney is the most important for Lupus concerns, but generally the Liver will need it as well, to get rid of the acid waste and other causative factors of the disease. See Real-Time Liver Flushing and Kidney/Bladder Flushing

- Antioxidants, vitamins, and minerals, all from whole food supplements, are effective very quickly. Antioxidants can be many and varied. *Genesis Today* puts out several excellent products for this purpose at a very great price online. Oxidative stress within our cells is one huge factor in degenerative diseases.